**Coming in November 2011! A Major Revision!**

**Practicing Harm Reduction Psychotherapy**

SECOND EDITION

*An Alternative Approach to Addictions*

**Patt Denning, PhD, and Jeannie Little, LCSW**
—both at the Harm Reduction Therapy Center, San Francisco, CA

This acclaimed clinical guide has helped thousands of clinicians put the proven principles of harm reduction into practice with therapy clients who have substance use problems. Written by pioneers in the field, the book shows how to do effective therapeutic work with people still using alcohol or other drugs. It provides clear guidelines for conducting comprehensive assessments, making collaborative treatment decisions, and implementing interventions that combine motivational, cognitive-behavioral, and psychodynamic strategies. The focus is reducing drug-related harm while also addressing co-occurring psychological and emotional difficulties. Detailed clinical illustrations are featured throughout.

**New to This Edition**

- Reflects over a decade of research advances and the tremendous growth of harm reduction clinical practice and training.
- Section on applications, with chapters on community-based settings, harm reduction groups, and working with families and friends.
- Chapters on biological and psychodynamic aspects of treatment.
- Expanded discussions of trauma, cultural sensitivity, and ethics.
- Supplemental resources and training materials at the authors’ website: www.harmreductiontherapy.org.

**Critical Acclaim**

“Accessible to a wide array of practitioners....[Combines] discussion of research and theory with clinical case application....The book delivers on its promise of presenting an approach that is an alternative to the status quo in American SUDs treatment services.”

—Clinical Psychology Review

“This pioneering book presents an integrated, realistic psychotherapeutic approach for individuals with substance use problems. The second edition develops the treatment model in great detail and provides a wide range of valuable harm reduction resources—for example, guidelines for combining psychotherapy with medication for patients with serious comorbidty. An excellent practical reference for general mental health practitioners and addiction specialists.”

—Linda Carter Sobell, PhD, ABPP, and Mark B. Sobell, PhD, ABPP, Nova Southeastern University

“The second edition of Practicing Harm Reduction Psychotherapy is a book whose time has come. Harm reduction is finally recognized as a basic concept that needs to inform the treatment of all clients with substance use problems, particularly those who have co-occurring disorders. Denning and Little clearly position harm reduction as a current, integrated, nondogmatic, client-centered treatment approach.”

—Shulamith Lala Ashenberg Straussner, PhD, New York University

---

November 2011
Hardcover, 370 Pages
ISBN 978-1-4625-0233-2, $45.00

**SPECIAL DISCOUNT PRICE: $38.25**

E-Book Available Soon!
www.guilford.com/p/denning

**About the Authors**

**Patt Denning, PhD** one of the primary developers of harm reduction therapy, is Director of Clinical Services and Training at the Harm Reduction Therapy Center (HRTC) in San Francisco, which she founded with Jeannie Little in 2000. HRTC provides a full range of mental health services to dually diagnosed individuals and trains hundreds of professionals each year. Dr. Denning has worked in community mental health and private practice since 1975, specializing in differential diagnosis, psychopharmacology, psychotherapy with seriously disturbed patients, HIV, and substance use disorders.

**Jeannie Little, LCSW** is Executive Director of HRTC. Since 1994, Ms. Little has developed harm reduction treatment services for multi-diagnosed clients, beginning at Healthcare for Homeless Veterans, then in private practice and at HRTC. A certified group psychotherapist, she specializes in group treatment of substance use disorders and dual diagnosis. Ms. Little is a trainer in the areas of dual diagnosis, group treatment, and professional development of staff who work in a variety of social service and housing settings.
“This important book shows how practitioners can treat clients at the precise point where they are capable of making changes. It features examples, case studies, and valuable information on applying harm reduction principles in group work, supervision, and other contexts, in addition to individual psychotherapy. This is a ‘must read’ for anyone in the field of addictive disorders.”

—Robert J. Meyers, PhD, University of New Mexico; Director, Robert J. Meyers, PhD, and Associates

“Denning and Little have earned an international reputation for their research and clinical practice. Highlighting the principle of ‘doing patients no harm,’ the authors explain the theoretical background of harm reduction psychotherapy and describe how to conduct it. I recommend it to a broad readership of mental health professionals and students.”

—Hendrik G. Roozen, PhD, Novadic-Kentron Treatment Services and Erasmus University Medical Center, The Netherlands

Contents for Practicing Harm Reduction in Psychotherapy, Second Edition

I. Setting the Stage
   1. Why Practice Harm Reduction Psychotherapy?
   2. What Is Harm Reduction Psychotherapy and Who Is It For?

II. Harm Reduction Psychotherapy as an Integrated Treatment
   3. Assessment as Treatment
   4. Developing a Treatment Plan
   5. The Fundamentals of Harm Reduction Psychotherapy
   6. The Psychodynamic Matrix of Harm Reduction Psychotherapy
   7. Motivational and Cognitive-Behavioral Contributions to Harm Reduction Psychotherapy
   8. The Role of Biology in Harm Reduction Psychotherapy

III. Applications
   9. Harm Reduction Psychotherapy in Community-Based Settings
   10. Harm Reduction Psychotherapy in Groups
   11. The Power of Connection: Working with Families and Friends of Drug Users
   12. What Does It Take to Practice Harm Reduction Psychotherapy?

Appendix A. Differential Diagnosis
Appendix B. Harm Reduction Supervision
Appendix C. Additional Resources
Appendix D. Recommended Readings

Please Send:

__ Copy(ies) of *Practicing Harm Reduction Psychotherapy, 2E* (c)
$45.00, $38.25* (November 2011)

$______ Amount

$______ Shipping: In US (via USPS Media Mail), add $5 first book, $2.50 each add’l. To Canada (via CanPar), US$8.00 first book, US$2.50 each add’l.

$______ Subtotal

$______ CA, NY, and PA residents add sales tax; Canadian residents add GST

$______ Total

Method of Payment:

☐ Check or Money Order Enclosed (US Dollars Only)
☐ Institutional P.O. Attached

BILL MY: ☐ MasterCard ☐ Visa ☐ American Express

Account #

Signature (Required on credit card orders) ☐ Exp. Date

*List prices slightly higher outside the US and Canada and are subject to change.

NEW EDITION from Guilford Press

OWN AN E-READING DEVICE? Many Guilford titles are available as e-books directly from our website or from major e-book vendors. If an e-book is available for a specific title, you can find it for sale on Guilford’s product page along with the print edition(s).

NEW TO E-BOOKS? Go to www.guilford.com/ebooks for FAQs, technical information, and a step-by-step user’s guide.